

• Switzerland **The Kusunacht Practice**

The Ladies Retreat

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The Kusunacht Practice, the world's most exclusive treatment centre, is excited to announce the launch of a brand-new *Ladies Retreat* - inviting women to detox, reshape and revitalise with friends in the epitome of luxury - with each group staying in their own beautiful private villa, on the banks of Lake Zurich or in Geneva.

Depending on individual goals, *The Ladies Retreat* can help to deal with a range of issues, such as weight management, muscle strengthening, and improving sleep whilst sharpening the cognitive capabilities and extending the physical and mental health span.

It can be particularly effective during critical life stages such as the menopause, transition from work life to retirement, work-related stress, and emotional burnout. The recommended length of stay is a minimum of two weeks, but its duration can be adjusted to suit individual needs and goals.

The Kusunacht Practice's unique BIO-R® programme underpins the new *Ladies Retreat* programme by focusing on recalibrating the body, mind and energy through treatments that are grounded in science, restructuring the body's biochemistry for optimal health.

Biochemistry determines one's physical and emotional well-being, energy, vibrancy, emotions, physical health, and longevity. When the equilibrium is lost, imbalances can lead to a host of problems, such as exhaustion, insomnia, weight fluctuations, and emotional problems, for example anxiety and depressive feelings, to name just a few.

The *BIO-R*® treatment can increase one's strength and stamina, boost sustainable weight loss, improve one's cognitive functions – memory, concentration, and sharpness – detoxify the body, promote longevity and anti-aging, as well as reduce the risk of developing lifestyle-related diseases.

On arrival at **The Kusunacht Practice**, each client undertakes extensive tests, including blood tests and 'bio-hacking', giving insight of their ageing / biological age status, and allowing to create a tailor-made programme, its goals based on individual results.



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All treatments are conducted within elegant and luxuriously appointed private Villas, providing the highest standards of discretion, allowing clients to fully focus on their therapy in the comfort of their privacy.

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The Kusunacht Practice, the world's most exclusive treatment centre, can help to rebalance the mind, body, and soul through a combination of medical treatments, psychiatric care, and *Biomolecular Restoration*.



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Dr. Antoinette Sarasin Gianduzzo, Director of Biomolecular Restoration (BIO-R®) at The Kusunacht Practice



These thorough tests identify everything from deficiencies to stress profiles as well as microbiome and hormone levels, enabling the team to adapt personalised programmes – everything from the live-in *BIO-R®* chef-prepared meal plans, micronutrient infusions, the IHHT, the ozone therapy, and the cryotherapy to sauna longevity regimes and skin treatments.

Mental strengthening treatments include weight management, sleep restoration, sharpening one's cognitive capabilities, the physical and mental health span extension as well as such body-balancing activities as mindfulness, lymph drainage, and relaxation.

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